



# 2025 Back-to-School Digital Resource Toolkit

The 2025 Back-to-School Digital Toolkit for Educators provides various resources and strategies to support children's mental health and cultivate a positive, nurturing learning environment. We hope you find a wealth of information you can share with your colleagues, students, and parents/caregivers.

## Printable Fact Sheets and Activities:

[80 Self-Care Activities for Teens](#)

[Back to School Health Infographic](#)

[Bullying and LGBTQ Mental Health](#)

[Bullying Warning Signs](#)

[Children and Mental Health: Is this just a stage? – Parent Guide](#)

[Children's Mental Health Facts](#)

[Childhood Traumatic Grief: Information for School Personnel](#)

[Classroom Mental Health Contract](#)

[Coping in Hard Times: Information for School Personnel](#)

[Debriefing and Preparing Students for Active Shooter Drill](#)

[Keys for Successful Back-to-School Transition – For Educators](#)

[Mindfulness Activities – Elementary School](#)

[Mindfulness Activities – Middle and High School](#)

[Positive Parenting 6-8\\_CDC](#)

[Positive Parenting 9-11\\_CDC](#)

[Positive Parenting 12-14\\_CDC](#)

[Positive Parenting 15-17\\_CDC](#)

[Safety at School](#)

[Sample Crisis Plan Template for Families](#)

[Screen Time in Childhood](#)

[Social-Emotional Health 0-8\\_MDHHS](#)

[Social Media and Body Image for Children and Teens](#)

[Social Media Pros and Cons for Youth Mental Health](#)

[Social Media and Youth Mental Health](#)

[Suicide Warning Signs](#)

[Supporting Your Child after the Death of a Family Member or Friend](#)



## Printable Fact Sheets and Activities (cont.):

[Teen Depression: More than just Moodiness?](#)

[Ten Questions on a Tuesday for Parents and Caregivers](#)

[The Three C's for Parents and Guardians](#)

[The Three C's for Educators](#)

[Words Matter: How to use inclusive language when talking about mental health](#)

[Understanding Stress vs. Trauma](#)

[Week of Wellness for Parents and Caregivers](#)

[What is Child Trauma?](#)

## Coloring and Activity Books:

[Get Excited About the Brain – National Institute of Mental Health \(NIMH\)](#)

['Meet the Little Monster' Children's Mental Health and Coloring and Activity Book](#)

[Mindful Coloring – Between Sessions Resources](#)

[Social, Mental, Emotional Health Coloring Pages – Administration of Community Living](#)

[Stand up to Stress – National Institute of Mental Health \(NIMH\)](#)

## Local Resource Lists:

[St. Clair County Adolescent Services Directory](#)

[St. Clair County Help Card](#)

[St. Clair County Youth Resource List](#)

[St. Clair County Community Mental Health Resource Library](#)

## Online Resources:

[988 Suicide & Crisis Lifeline | SAMHSA](#)

*A series of resources from SAMHSA to promote the use of the 988 Suicide & Crisis Lifeline, including printable posters, fact sheets, social media shareables, and more.*



### [The American Foundation for Suicide Prevention](#)

*An organization that supports those affected by suicide and suicide loss through research, education, and advocacy.*

### [Back-to-School](#)

*A comprehensive list of health and wellness tips from HealthyChildren.org*

### [Back to School Resources](#)

*A comprehensive library of resources for educators, parents, children, teens, and college students from the National Alliance on Mental Illness. Includes downloadable fact sheets, lesson plans, articles, and more.*

### [Child and Adolescent Health Fact Sheet Library](#)

*Lists of printable resources by topics related to child and adolescent health, behavioral health, parenting, school performance, and more from the Centers for Disease Control and Prevention*

### [Children's Mental Health](#)

*Information about anxiety and depression in children from The Centers for Disease Control and Prevention*

### [Digital Shareable Resources for Children and Adolescent Mental Health](#)

*Fact sheets, social media content, and videos from the National Institute of Mental Health.*

### [Drug Free America](#)

*Drug Free America Foundation (DFAF) is dedicated to tackling the pervasive issue of substance use and its far-reaching impacts on individuals, families, and communities.*

### [Eating Disorders: What You Need to Know](#)

*Overview of eating disorders, signs and symptoms and how to find help from the National Institute of Mental Health.*



## Online Resources (cont):

### [It Gets Better](#)

*Information and resources to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth*

### [The Jed Foundation](#)

*The Jed Foundation is a nonprofit that works to protect emotional health and prevent suicide among teens and young adults.*

### [The National Child Traumatic Stress Network](#)

*Information, downloadable fact sheets, and resources on childhood trauma, bullying, community violence, natural disasters, and school-based violence.*

### [Online Safety Information and Resource List](#)

*SchoolSafety.gov features a variety of resources that school communities and families can use to help prevent and protect against online threats, including tip sheets, links to videos, lessons, webinars, and more.*

### [PFLAG](#)

*PFLAG is the nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people*

### [Parents and Caregivers of Children](#)

*Warning signs that your child may be struggling and how to talk to children about mental health from the Substance Abuse and Mental Health Services Administration*

### [Recovery-Oriented Language Guide: Words Matter](#)

*The Recovery-Oriented Language Guide continues to be important in the context of mental health, where words can convey hope, optimism, and support and promote a culture that fosters recovery and well-being.*



## Online Resources (cont):

### [Self-Care Resources for Educators and Other Helping Professionals](#)

*Mindful Teachers is a webpage with practical tips, links, reflections, and mindfulness practices to help you cope with the common challenges educators and other helping professionals face.*

### [Talking to Children About Violence: Tips for Families and Educators](#)

*Tips from the National Association of School Psychologists.*

### [Talking to Kids about School Safety](#)

*A guide for parents on discussing school violence from Mental Health America.*

### [The Trevor Project](#)

*The Trevor Project works to prevent suicide among lesbian, gay, bisexual, transgender, queer & questioning young people through crisis services, peer support, research, advocacy, and education.*

### [Seize the Awkward](#)

*Seize the Awkward is a video project of the Jed Foundation geared towards youth. It focuses on the idea that while expressing to a friend that you're worried about them may feel complicated or awkward, you can move past the awkwardness and start a helpful/meaningful conversation.*

## Videos, Apps, and Other Tools:

Headspace is a meditation and mindfulness app with a selection of FREE resources for Michiganders. To access guided meditations and mindfulness activities, click here: <https://www.headspace.com/mi>.

### [Breathe, Think, Do! by Sesame Workshop](#)

*Breathe, Think, Do! It is an app that can help children (2-5 yrs.) develop strategies to calm down, identify their feelings, and work to solve their problems.*

### [Teen Suicide Prevention Video for School Personnel – MindWise Innovations](#)



2025

# BACK TO SCHOOL



St. Clair County  
Community Mental Health  
*Providing Opportunities for Health, Wellness, & Connection*

[www.scccmh.org](http://www.scccmh.org)



TOOLKIT FOR EDUCATORS FROM ST. CLAIR COUNTY COMMUNITY MENTAL HEALTH

## Additional Toolkits and Resources Provided by SCCCMH:

[LGBTQIA+ Resource List](#)

[Mental Health in the Workplace: A Resource Collection for Employers](#)

[Mental Health First Aid – St. Clair County Community Mental Health](#)

[Supporting the Mental Health of Athletes: Coaches' Toolkit](#)

## About St. Clair County Community Mental Health:

St. Clair County Community Mental Health (SCCCMH) provides comprehensive behavioral health services to individuals of all ages. Our mission is to promote recovery, wellness, independence, and improved quality of life for those with a mental illness, serious emotional disturbance, intellectual/developmental disability, or substance use disorder. With a team of compassionate professionals, we offer a wide range of services, including counseling, psychiatric evaluations, medication management, and crisis intervention. We also collaborate with area schools, health care providers, businesses, law enforcement agencies, and other community organizations to ensure a holistic approach to behavioral health care.

Through advocacy and community education, we strive to be the leading behavioral health resource for St. Clair County. Our crisis response services are available to St. Clair County residents of any age, 24 hours a day, seven days a week, regardless of insurance status or ability to pay. **To learn more about SCCCMH services and supports, visit:** [www.scccmh.org](http://www.scccmh.org). Join our monthly email newsletter [here](#). Stay up to date with news, current events, advocacy, and information about mental health and wellbeing.

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**To access or inquire about treatment services, call: 1-888-225-4447**

**For 24/7 crisis support for a mental health emergency, call: 1-810-966-2575**

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### Quick Links to SCCCMH Informational Brochures:

[How We Help - Overview of SCCCMH Services](#)

[Child & Family Services](#)

[Treatment Services for Mental Illness](#)

[Treatment Services for Substance Use Disorders](#)

[Treatment Services for Intellectual/Developmental Disabilities](#)